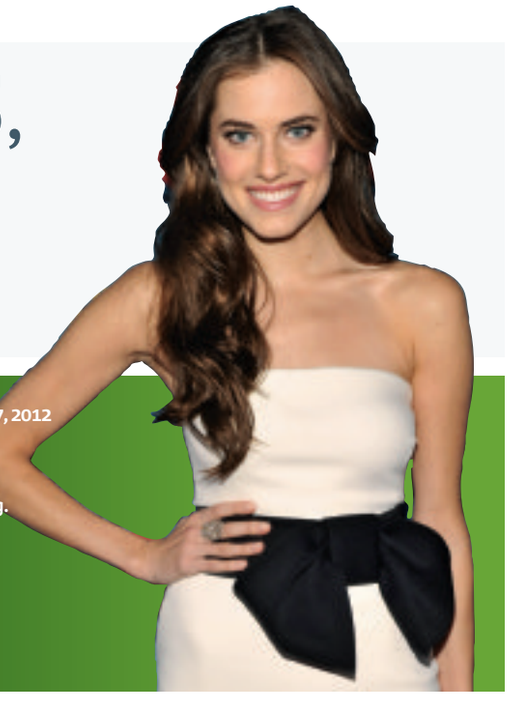
THE ANTI-CARRIES — GIRLS, POST SEX AND THE CITY

ALLISON WILLIAMS STARS AS ONE OF THE FEMALE FOURSOME IN THE MUCH TALKED ABOUT NEW HBO SERIES PAGE 8



REGIONAL metro®

Tuesday, April 17, 2012

News worth sharing.

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Canadian Charter of Rights and Freedoms TURNS 30 — QUIETLY

Prime Minister Stephen Harper waves as he poses with his wife Laureen, Chilean President Sebastian Pinera and his wife Cecilia Morel in Chile Monday. The Conservative government has been notably silent on the 30th anniversary of the Canadian Charter of Rights and Freedoms. ADRIAN WYLD/THE CANADIAN PRESS

Hub drives traffic change

Global Transportation Hub sets city's west end on a new path PAGE 2

Six lucky cabbies

Taxi licence lottery lets winners call their own shots PAGE2

Napping in the pilot's seat

Groggy officer forces trans-atlantic flight into a dive PAGE 3

Norway trial gets underway

Accused in mass slaughter unexpectedly emotional on first day PAGE 4

Volunteers — we top the list

Volunteerism. Needed right now with Saskatchewan's influx of new citizens

CARRIE-MAY SIGGINS
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Saskatchewan topped the list of most volunteers in Canada in 2010, according to a report released Monday by Statistics Canada.

Fifty eight per cent of adults ages 15 and over in Saskatchewan did volunteer work in 2010, the federal report says, a drop of one per cent from 2007. Prince Edward Island came in a close second with 56 per cent, followed by Alberta (55 per cent) and Nova Scotia (54 per cent).

Joanna Grant is CEO of the United Way of Regina. She says that, often, volunteerism is higher in rural areas out of necessity.

"Because of their tax base, people living in rural areas maybe don't have the same amount of services as those living in urban areas." That means volunteer hours are an indispensable way of keeping the community running smoothly.

Volunteerism is especially needed right now with Saskatchewan's influx of new citizens, says Jamal-E-Fatima Rafat of the Regina Open Door Society. As the province figures out the most effective ways to offer services for the new numbers, Rafat says, volunteerism fills in the gaps.

Immigrant challenges

"It's important for Canadian-born people to understand ... how difficult it is to uproot yourself from one country and move to another one."
Jamal-E-Fatima Rafat, Regina Open Door Society

"Volunteers are absolutely crucial," she says, "but the benefits are a two-way street." Not only does the volunteer help a new arrival acclimatize to their community but the process helps exposes them to new cultures.

Saskatchewan may be in the lead, but, as the report suggests, the numbers aren't as clear-cut as they may seem.

The study doesn't include what they call "informal volunteering," when a person lends help directly to an individual. They found when informal volunteering was factored in, the gap between provinces narrowed.

In fact, the study found that in 2010, eight out of 10 Canadians participated in informal volunteering.

The provinces with the lowest rate of volunteers were Quebec (37 per cent), which stayed the same as its 2007 rate, and Nunavut (41 per cent).

Yukon saw the biggest drop in its rate of volunteer, down almost ten points from 2007 to 49 per cent.

1 NEWS

On the web

Tupac act rings holo

While a hologram Tupac hit the stage with Dr. Dre and Snoop Dogg at Coachella, fans, haters and even the hologram rapper himself hit Twitter and YouTube. Watch the performance and see the reaction at metronews.ca.

Off their meds

Taking the birth control pill to cure acne rather than prevent pregnancy? 'Off label' prescribing as it's called might be more common than doctors once thought. See metronews.ca for the story.

Mobile news

Iran calls it the "soft war" with the West: Battles to control, defend and monitor the Internet and other high-level telecommunications. The latest move to keep Iranians locked in a cyber fortress came quietly. Scan the code for the story.

Traffic patterns in city are changing best-laid plans

Driving in the city, Part 2. The Global Transportation Hub has moved transportation in new directions in Regina's west end

M E POWELL
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You know what they say about the best-laid plans?

"Sometimes things happen in the city that take our best-laid plans but change them on us," says Shanie Leugner, manager of infrastructure development. "So that's why we're constantly reviewing what the plans are, based on the way that the city grows."

For instance, she points out, the 2007 Regina Road Network Plan highlights projected residential growth such as the expansion of Woodland Grove Drive in the east of the city, or the new interchange at the Lewvan and Trans-Canada Highway.

Then the Global Transportation Hub basically changed transportation in the west half of the city. Hailed as one of the largest development projects in the province, it's expected to house the Canadian Pacific inter-modal yard and businesses like Canadian Logistics Services (CLS), with trucks travelling in and out of the area daily, and unexpected employment growth for the city.

"We're seeing logistics parks, and warehouses, trucking companies and things of that nature all moving out there, and it will change traffic patterns in the city in a way that we haven't fully assessed yet," she adds.

The ministry of highways is building a two-lane bypass in the west half of the city, with greater access to the Global Transportation Hub — and additional traffic.

"That will change the way people get to work," Leugner says. "I mean, sometimes we plan for things, and then things happen in the city that change the direction of where we want to go with our road network system."

As a result, the city hasn't projected commuter patterns in that direction or considered what that will mean to roads and road maintenance.

That's where the $800,000 Transportation Master Plan will be useful, says Sharla Cote, project manager.

"Not that we don't have some of these plans, policies and approaches in place right now but they're either older, they're not all-encompassing, they don't address a lot of the different variables that (we have) now," she says. "Having been through this process of these huge changes in the city, we'd like to be better prepared in some way."

With IBI Group of Toronto on board as consultants, she says, the plan will incorporate public feedback from Design Regina community planning. The public will also be invited to have its say on driving, walking, cycling and transit — as well as other ways of getting around — at four open houses, beginning in late May. It's "just a snapshot in time," she says, but it's a critical one for the city.

"It's not just responding to the squeaky wheel," Cote adds. "It's asking things in a proactive way, and coming up with solutions as a community, and ultimately setting up a plan that will get them implemented over time."

Asking the right questions

"It's not just responding to the squeaky wheel. It's asking things in a proactive way, and coming up with solutions as a community, and, ultimately, setting up a plan that will get them implemented over time."

Sharla Cote, project manager

Six lucky winners drawn in licence lottery

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More than 700 people applied for the first City of Regina Temporary Taxicab Licence Lottery, which drew six winners on Monday. Applications were $50 each, and the successful draw applicants will be licensed to drive a taxi for five years, renewed annually.

According to a study conducted in 2010 of Regina's taxi industry, most Regina cab drivers don't own their own decals (another word for licence). They lease it for a fee from non-drivers or cab companies. This means that they are often paying for both the dispatch service and the licence out of their fares, and sometimes a lease on the car they use as a cab. A licence from the city would eliminate those extra payments.

One hopeful, who gave his name only as Sukhwinder, sat in a line of five other men from India, each of whom had applied for a licence. He hoped for a decal in order to change over from driving the night shift for another company to driving during day for himself. "It's more trouble at night," he said. "And the visibility is bad. Things are more alive during the day."

Mike Sherma is a driver who came to the event to see whether he could make the switch from leasing his licence from a large local company to being his own boss. The president of the Saskatchewan Cricket Club, he has lived in the city for almost 25 years.

"It makes business sense," he says. "You pay $50 to apply, but by the end of five years, you've basically made $50,000 for yourself."

Hopeful people wait for the announcement of the taxi lottery winners at city hall Monday.
CARRIE-MAY SIGGINS/METRO

About 60 people waited expectantly in Henry Baker Hall as the winning decal numbers were read. None seemed to have been chosen and, after the last number was read, filed out of the room to the cabs parked in a line outside city hall.

Accused in death of son, 3

Regina mom must stand trial for manslaughter

A Regina woman will go on trial accused of killing her three-year-old son.

A judge ruled that there was enough evidence to try Anna Wilkes on charges of manslaughter, criminal negligence causing death, indignity to a dead body and obstructing justice.

Police found the body of Nylan Clarke inside a van in the backyard of a Regina home last May.

The Crown alleges Wilkes, 30, tried to set the van on fire with the child's body inside.

Last week, co-accused Harley Stueck, 39, pleaded guilty to criminal negligence causing death, while charges of manslaughter, indignity to a dead body and obstruction of justice were stayed. THE CANADIAN PRESS

$700k awarded

Province invests in Shortrail

The Saskatchewan government announced on Monday that $700,000 is being awarded to a number of shortline railways across the province, a system that is used by agriculture industries such as the grain industry.

"In addition to supporting economic development in rural Saskatchewan, shortline railways help reduce heavy truck traffic and road wear on our highways," said Jim Reiter, highways and infrastructure minister and minister responsible for the Saskatchewan Grain Car Corporation.

Since its inception in 2008, the shortline railway system, which falls under provincial regulation and connects approximately 6,200 kilometres of federally regulated lines, will have collected $5.8 million from the province by the end of the fiscal year. CARRIE-MAY SIGGINS/METRO

Museum of history

Museum forced to increase fees in face of deficit

The Western Development Museum says it will increase fees to cover a $465,000 deficit in the upcoming year. Starting in September, an adult entrance fee will go up from $8.50 to $9.

THE CANADIAN PRESS

First officer napping, 16 injured in dive

Air Canada. Fearing a crash, groggy first officer co-pilot forces a dive. Had just awakened from an in-flight "controlled rest period": Report

A groggy Air Canada co-pilot who mistakenly believed his jet was about to smash into another plane forced a sudden dive that caused 16 injuries among passengers and crew.

The incident happened on a transatlantic flight last year, said a report released Monday.

The Transportation Safety Board report notes that those hurt aboard the Boeing 767 had failed to comply with lit seatbelt signs.

"This occurrence underscores the challenge of managing fatigue on the flight deck," said Jon Lee, the investigator in charge.

"It also shows that in-flight passenger injuries can be prevented by wearing seat belts at all times while seated."

The terrifying 46 seconds in which the plane dived 120 metres then lurched 240 metres back upward occurred in January 2011 aboard an overnight Air Canada flight to Zurich from Toronto.

The first officer was napping during a controlled rest period aimed at combating pilot fatigue when he was awakened by the captain's report of their flight position.

At the same time, a U.S. air force Boeing C-17 was coming from the opposite direction about 300 metres below them.

To avoid what he thought was an imminent collision, the first officer overrode the auto-pilot by forcefully pressing on the control column, pushing the jet into a dive.

The "confused and disoriented" co-pilot first mistook the planet Venus for the approaching aircraft.

When he did spot the oncoming plane, he thought it was descending straight at them.

The captain was able to regain control as the C-17 passed safely below them, and returned the plane to its cruising altitude.

Capt. Paul Strachan, president of the Air Canada Pilots Association, said the incident shows Ottawa needs to mandate a third pilot for taxing eastbound transatlantic flights instead of the ``hokey'' inflight rest periods.

An extra pilot would allow a colleague to leave the cockpit for proper rest, rather than making one of the two co-pilots take a 40-minute nap, he says.

No U.S. carriers would fly that route with fewer than three pilots, he said.

THE CANADIAN PRESS

Co-pilot 'sleep inertia'

In all, 14 passengers and two flight attendants among the 103 mostly sleeping people aboard suffered bruises and cuts from slamming into aircraft fixtures. Seven were treated in hospital on arrival in Zurich three hours later.

- **None of the injured was buckled up even though seatbelt signs had been on for 40 minutes because of concerns over turbulence.**
- **The investigation found that the first officer, who had been asleep for about 75 minutes, was suffering ``sleep inertia'' magnified by fatigue.**
- **The report notes flight crews did not fully understand the risks associated with fatigue, nor were they following standard procedures for ``strategic napping,'' which is normally of 40 minutes duration.**
- **Pilots are also supposed to have 15 minutes after a nap to awaken properly before taking control, according to safety protocols.**

RCMP. 100 Mounties to investigate internal sexual harassment

British Columbia's top RCMP officer says he's talked to hundreds of women who work for the force in British Columbia and they've told him the work environment has to change.

So he's appointing 100 Mounties to investigate sexual harassment complaints in an effort to improve a culture condemned by some as intolerably sexist.

The investigators will form the crux of a broader plan being hammered out under the direction of RCMP Deputy Commissioner Craig Callens in response to the internal workplace assessment he initiated earlier this year after several high-profile accusations were made public.

Cpl. Catherine Galliford, a former media relations officer, was the first to speak out about enduring sexual harassment and abuse from senior officers and she touched off a series of suits including a class-action that could involve more than 100 women.

Callens said the allegations became public only weeks after he took command in British Columbia and he set about finding out what was going on.

"I acknowledge ... that we have some issues that we need to deal with.... I'm committed to ensuring that we take the type of action that our employees deserve."

THE CANADIAN PRESSSS

Top cop plans action

Deputy Commissioner Craig Callens convened focus groups that involved about 400 female RCMP members across B.C. over two months aimed at uncovering the extent of gender-based harassment.

- Lawyer David Klein filed a suit in late March and said he expects more than 100 current and former female members will join. The suit is on behalf of Janet Merlo, a 19-year officer from Nanaimo, B.C.
- Merlo alleges she endured sexist comments, pranks and derogatory remarks, and was yelled at when she revealed her pregnancy.

Heavy flooding hits parts of Texas

A woman walks through water at the intersection of Buddy Ganem Road and the access road on Highway 181 in Portland, Texas, as heavy flooding hit the area.

RACHEL DENNY CLOW/CORPUS CHRISTI CALLER-TIMES/THE ASSOCIATED PRESS

McSalt

Salt can be lowered, despite fast food industry claims

A researcher is questioning the fast food industry's efforts to lower the salt content of its menu items, particularly in Canada and the United States.

They say the restaurants often cite technical food processing challenges as a reason they're unable to reduce salt.

But a new study published in the Canadian Medical Association Journal is challenging that assumption.

Researchers compared the same menu items from major chains around the world and found salt levels in Canada and the U.S. were consistently higher than those in other countries.

McDonald's Chicken McNuggets in Canada, contain two and a half times the amount of sodium of their U.K. counterparts.

Researchers argue it's possible to reduce salt and doing so would result in public health benefits.

THE CANADIAN PRESS

Robocalls

NDP MP apologizes to firm

An NDP MP says he's sorry for falsely accusing an Edmonton company of being behind the robocall affair. Pat Martin says he now knows RackNine and its owner, Matt Meier, had nothing to do with the misleading automated phone calls in last May's federal election.

"RackNine was merely an innocent intermediary not a participant in electoral fraud,'' Martin said Monday.

"I apologize for any damage my statements may have caused to Mr. Meier personally or to RackNine, and I have been specifically authorized by the NDP to apologize on behalf of the NDP."

THE CANADIAN PRESS

Tornadoes. Warnings played role in saving lives

The unusual decision by forecasters to emit sternly worded alerts well in advance of the weekend tornado outbreak in the U.S is being credited with savings lives.

Forecasters, concerned that Midwesterners might be complacent after repeated tornado alerts came to nothing, warned that weekend storms could prove fatal.

The warnings caught Larry Hill's attention.

The 72-year-old kept an eye on television weather reports and was barricaded inside a closet by the time a tornado ripped the roof off his home in the southwest Iowa town of Thurman.

"We'd been on the lookout for it for three days," he said Sunday morning as he sifted through the remains of his home.

``We were as ready as we could have been.''

That twister was one of dozens that strafed the region on Saturday and Sunday. The National Weather Service's Storm Prediction Center in Norman, Oklahoma, which specializes in tornado forecasting, had warned more than 24 hours ahead of a possible ``high-end, life-threatening event.''

"We can't do this with every event," said the prediction centre's Ken Miller, noting that it's not easy to predict which storm systems could pose a threat to life and property.

Miller said he was pleased the warnings were heeded.

"We measure our success by how the public reacts," he said.

THE ASSOCIATED PRESS

Confessed Norway shooter on trial

Strange start. Man accused of killing 77 people displays unexpected emotions on Day 1 in court

Anders Behring Breivik shed tears as he went on trial Monday for killing 77 people — but not for his victims.

The emotional display came when prosecutors showed his anti-Muslim video.

Dressed in a dark suit and sporting a thin beard, the right-wing fanatic defended the July 22 massacre as an act of "self-defence" in his professed civil war, and sat stone-faced as prosecutors described how he killed each of his victims.

But he was gripped by emotion when they showed a video warning of a Muslim takeover of Europe and laden with crusader imagery that he posted on YouTube before the attacks.

"Nobody believes that he cried out of pity for the victims," said Mette Yvonne Larsen, a lawyer representing survivors and victim's families in the court proceedings.

Breivik showed no signs of remorse on the first day of a trial that is expected to last 10 weeks.

"I don't recognize Norwegian courts because you get your mandate from the Norwegian political parties who support multiculturalism," Breivik said the first time he addressed the court.

Eight people were killed in Breivik's bombing of Oslo's government district and 69 were slain in his shooting massacre at the left-leaning Labor Party's youth camp on Utoya island outside the capital.

Breivik has said the attacks were necessary to protect Norway from take over by Muslims and that he deliberately targeted the governing Labor Party, which he claims has betrayed Norway with liberal immigration policies.

THE ASSOCIATED PRESS

Mental state

The key issue to be resolved during the trial is Breivik's mental state, which will decide whether he is sent to prison or into psychiatric care.

- Anxious to prove he is not insane, Breivik will call right-wing extremists and radical Islamists to testify during the trial, to show that others also share his view of clashing civilizations.
- One mental examination found him legally insane, while another said he wasn't sick enough to be committed to psychiatric care instead of prison.

Norwegian Anders Behring Breivik, who is facing terrorism and premeditated murder charges, reacts as a video presented by the prosecution is shown in court, in Oslo, Norway. Breivik, who confessed to killing 77 people in a bomb-and-shooting massacre, went on trial in Norway's capital Monday, defiantly rejecting the authority of the court. HEIKO JUNGE/THE ASSOCIATED PRESS

Love story emerges from Norwegian massacre

Sofie Tommeras Lyshagen, left, and Hakon Knudsen. CONTRIBUTED

PETER LINDHOLM
Metro World News in Sweden

On Monday, the trial of Anders Behring Breivik, who admitted to carrying out bomb and gun attacks in Norway last July that left 77 people dead, got underway in Oslo.

While the massacre has spawned mourning and outrage, a tale of love has also emerged. Sofie Tømmerås Lyshagen, 19, and 20-year-old Håkon Knudsen found each other when they swam for their lives to escape from Breivik at the Norwegian island Utøya last July.

Tømmerås Lyshagen was in the main building on the island when the far-right extremist Breivik, dressed as a policeman, began to execute his victims at a Labor Party youth camp.

Tømmerås Lyshagen was forced to jump over several dead friends to reach the water to find a hiding place.

Metro Sweden spoke with Lyshagen, to hear her story.

You lost several close friends at the island.
Yes, I lost Lejla (Selaci), who was my best friend, and Sondre (Kjøren), my former boyfriend. And twenty other friends.

How do you recover after such an event?
I can't answer that. I take one day at a time and for each day it gets a little better. You feel a little better and have some good days.

Where did you meet your boyfriend Håkon?
After Brevik had tried to shoot me I lay in the water when Håkon came swimming. He had been hiding in the woods. We exchanged a few words with each other and were both quite hysterical.

Was it really love at first sight?
I usually say it was love at first dip, but it was really afterwards, when we were safe on land, that the romance began. We felt that the chemistry was good, that we understood and could help each other.

Why have you chosen to go public with your love?
It was the media who started to write about us, but we felt that we wanted to give a different picture of Utøya. There has been so much negative about the island; it has become so black and dangerous.

Otherwise, it is the best place on Earth; it has shaped my heart, my political beliefs and has given me lifelong friends. We also want to tell you that this has not broken us.

How has this tragic event changed you?
I have a stronger belief in social democracy. The politics has a stronger meaning. We will not give up just because of one maniac. I have also become more interested in foreign affairs: how it is in other countries, where people do not have life as well as in Norway.

Insurgents

Afghan offensive leaves 47 dead

Afghan officials blamed the 18-hour weekend offensive that left 36 insurgents and 11 others dead on the Haqqani militant network, saying Monday that fighters captured in the assault claimed they were affiliated with the insurgent faction tied to the Taliban and al-Qaida. THE ASSOCIATED PRESS

Strippers

Girls dressed as nuns, model says

Girls dressed like nuns in the "Sister Act" musical and football players used to strip for Silvio Berlusconi, said a model testifying at the former Italian premier's trial.

Imane Fadil, the model, was testifying Monday at Berlusconi's trial in Rome. He is accused of having sex with an underage prostitute and using his influence as Italian premier in 2010 to cover it up.

Fadil is one of three women who have come forward saying gatherings at Berlusconi's Milan mansion were not "carefree, elegant dinners" as he has claimed, but raunchy "bunga bunga" parties.

Two young women wearing black habits, white veils and crucifixes did a pole dance before stripping to their underwear, said Fadil.

TORSTAR NEWS SERVICE

Fifth anniversary

Virginia Tech mourns shooting

Each anniversary since the April 2007 massacre on the Virginia Tech campus, classes have been suspended for the day in memory of the 32 students and faculty killed in the rampage by a lone gunman who then killed himself.

THE ASSOCIATED PRESS

U.S. court

Accused gunmen plead not guilty

A judge entered not guilty pleas Monday for two men accused of going on a racially-motivated shooting spree in a predominantly black section of Tulsa this month, killing three people and wounding two others.

Jake England and Alvin Watts appeared in Tulsa County District Court via closed-circuit television from jail, where they have been held since their arrests Easter Sunday.

Special Judge William Hiddle assigned a lawyer to Watts — England already had a lawyer — and entered not guilty pleas for both to charges of first-degree murder, shooting with the intent to kill and malicious harassment in the April 6 attacks in Tulsa. The harassment counts imply the victims were targeted because they are black.

THE ASSOCIATED PRESS

CAW seeks auto-sector protection

Trade. Policy-makers need to resolve 'dramatic' imbalance in Canada's international automotive dealings, CAW report says

The Canadian Auto Workers union is calling for an end to free trade negotiations with automaking countries in Europe and Asia unless they first open their markets to Canadian-made vehicles.

The CAW, which has failed to convince successive Conservative and Liberal federal governments to curtail auto imports from countries the union considers to be closed to North American imports, said free-trade agreements with the European Union, Japan, South Korea and Thailand won't help.

"There is no conceivable scenario under which Canadian automotive exports to these countries would be significantly enhanced under a free trade agreement," the union said in a 50-page report released Monday.

Even government studies show that free trade agreements with these countries would promote a much larger increase in automotive imports from those countries rather than exports from Canada, the report said in calling for Ottawa to rethink its auto trade policy. THE CANADIAN PRESS

Policy

"Canada is one of the only auto-producing jurisdictions in the world that doesn't have a formal national auto policy. This is a huge weakness."

CAW national president Ken Lewenza

The tower that Trumps them all

Donald Trump, and his children, Ivanka and Eric, leave the Trump International Hotel and Tower in Toronto after a ribbon-cutting ceremony on Monday. "The Donald" flew into Toronto on Monday to officially open the new tower, which is Canada's tallest residential building at 65 storeys. VINCE TALOTTA/TORSTAR NEWS SERVICE

Mining

Workers protest Rio Tinto's Olympics involvement

Officials of the union representing locked out Rio Tinto Alcan workers in Quebec were in London on Monday to denounce the mining giant's participation in the upcoming Olympic Games. The company supplied the metal for the Games' medals.

In a video posted online, the group said that "injustice and pollution tarnish the Olympic medals." THE CANADIAN PRESS

Market Minute

DOLLAR 100.03¢ US (+0.13¢)

TSX 12,037.59 (-2.8)

OIL $102.93 (+10¢)

GOLD $1,649.70 US (+$10.50)

Natural gas: $2.016 (+3.5¢)
Dow Jones: 12,921.41 (+71.82)

GRAPHIC DESIGNER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print, online and mobile graphic design and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will also possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising, and will have the skill set of an online graphic designer using web based media.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, online, mobile and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- Professional contact with internal and external clientele
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design and animation, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Flash, Photoshop, Illustrator, Image Ready and Dreamweaver
- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS
- Ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Web Design, Animation and/or Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience within a newspaper environment

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than April 20, 2012. PLEASE QUOTE: "Graphic Designer - Regina" in the subject line. All submissions will be treated as confidential.

metro

SALES REPRESENTATIVE

Metro Regina is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than April 20, 2012. PLEASE QUOTE: "Sales Representative - Regina" in the subject line. All submissions will be treated as confidential.

metro

FIFTY SHADES OF GREY AS DULL AS A RAZOR BLADE COMMERCIAL

SHE SAYS...
Jessica Napier
metronews.ca/shesays

This isn't really a book review; think of it as a public service announcement for curious bookworms. I want to warn you to stay away from that new romance novel you've been hearing enthusiastic whispers about. I am, of course, referring to Fifty Shades of Grey by E. L. James, the first in a trilogy of erotic page-turners.

I really wanted to like it. I think it's wonderful when people put down their smartphones long enough to get excited about books, even if those books are dubbed "Mommy Porn." Sadly, despite what the New York Times hype machine has to say, Fifty Shades of Grey is JUST. SO. BAD. Not guilty pleasure bad, but "I'd like my $20 back" bad.

Perhaps I didn't give it a proper chance; after all, covertly skimming racy passages while riding public transit isn't the ideal way to enjoy some erotica. But even though I might have been distracted by my attempts to shield pages from nosy, over-the-shoulder-peering passengers, I don't think reading it in a private setting would have made that much of a difference.

So you want to read erotic fiction?

...with so many completely unbelievable character traits, this girl-next-door turned submissive-sex partner was far too hard to believe, even for fiction.

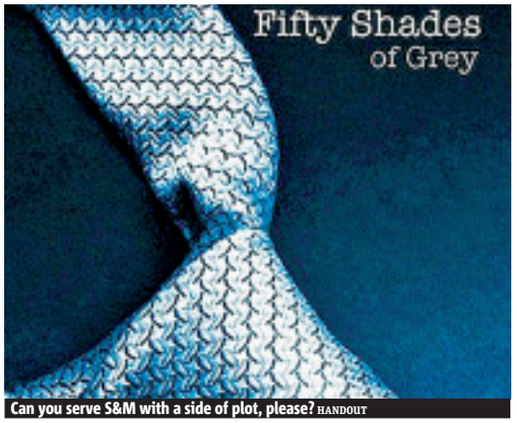
For those who have read the book, it should come as no surprise that it originated from a piece of Twilight fan fiction. It certainly reads that way. If you haven't read it, well I'd say "Spoiler Alert" but frankly there is hardly an actual story to spoil. I don't know about you, but I like a side of plot with my S&M interludes.

I assume it is common practice to give romance heroines completely ridiculous names, so I'll forgive Anastasia Steele for her eye-roll-worthy moniker. But with so many completely unbelievable character traits, this girl-next-door turned submissive sex partner was far too hard to believe, even for fiction.

Anastasia is of course astonishingly attractive and adored by all of the men around her while being entirely insecure. As a 24-year-old college graduate she has somehow never been drunk or owned a computer. She begins the novel as a virgin and her first time is obviously phenomenal because that's totally realistic. Finally, and this is maybe what bothered me the most, she is never hungry despite the numerous cardio-heavy sex scenes.

The distractingly bad writing and Anastasia's constant references to her 'Inner Goddess' made most of the supposedly steamy encounters as arousing as a television commercial for Venus razors.

Needless to say, suffering through 500 pages of this heroine's inner dialogue was torturous, and not in the intended, sexy kind of way.



Can you serve S&M with a side of plot, please? HANDOUT

Look guys, no hands

JONATHAN SCOTT

Dry den

Umbrella that frees your hands

For the man who has everything ... it's a hands-free brolly! The Nubrella, the "world's only patented hands-free and wind-resistant umbrella," is set to become a sales hit, especially among avid cyclists undeterred by inclement weather conditions.

Other popular usages of Nubrella, its creator says, include "pushing a wheelchair, standing in long lines and outdoor workers who can't hold an umbrella."

METRO

60 seconds

Alan Kaufman

'By accident'

Alan Kaufman, inventor of the Nubrella, explains to Metro the ins and outs of his creation.

How did you come up with this unusual umbrella?

I came up with the idea when living in New York City when I recognized the problem of umbrellas and wind. We thought of a product that's both aerodynamic and capable of withstanding strong winds. The hands-free came by accident during the design, yet has turned out to be the game-changer.

Has this been certified as roadworthy for cyclists?

There is no obligation from any government agency as we make no claims of safety. People can choose to use it where they want.

ANTHONY JOHNSTON

Speed dome

80 km/h

is the maximum speed of winds the Nubrella is tested to resist. Weighing more than one kilogram, this bubble-shaped rain-repelling contraption works by strapping on a shoulder support and extending a canopy around the head. One Nubrella will set you back $60.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Live-tweeting a marriage proposal — good idea or bad idea?

71% BAD IDEA, IT SHOULD BE A PRIVATE MOMENT

29% GOOD IDEA, IT'S THE MODERN-DAY VERSION OF SHOUTING YOUR LOVE

Twitter

@wilkie2a: Well #YQR we no longer have the Great Canadian Bagel shop anymore. *tear

@ProfMcGrane: 7 political scientists and I are recommending urban-only federal ridings in #yxe and #yqr. Read submission at http://www.davidmcgrane.ca #skpoli

@nukes_of_hazard: RT @usun: FACT SHEET: Today's #UN Security Council Presidential Statement on the #NorthKorea launch: http://go.usa.gov/yqr #DPRK #UNSC

@ChadEmm: I can't believe Our Lady Peace was in #YQR on Saturday! I would've totally went to see them! #LiveBandBucketList

@heatherinregina: Looking for some advice #yqr - where is a good place to get tires - service & price? Treads on my Equinox tires worn.

metro

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Fan-made TV merchandise

When you become a diehard fan of a TV show, you want to find out everything about the program. It takes a truly obsessed fan to want to buy everything related to it. Enter Etsy, the handcrafted and vintage item website that sells any quirky art project that might tickle your fancy. Among the arsenal of items includes some interesting pieces that only a true fan could create.
Are you curious to see what we mean? Check out the items below:

METRO WORLD NEWS
scene@metronews.ca

Top Gear Stig cufflinks

You can't own the cars featured on Top Gear. Heck, you can't even drive them. But, you can rock Stig on your sleeves as you cruise down the street.

Big Bang Theory bracelet

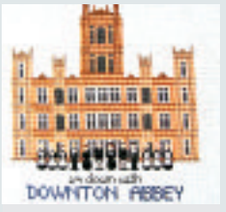
Keep your fellow nerds on hand (on your wrist) by wearing this charm bracelet, featuring the main characters of the show.

True Blood Eric > Bill necklace

You won't be able to end the debate between Sookie's two vampire lovers, but you definitely proclaim your loyalty to one side. If only the necklace said the opposite on the other side, just in case you were feeling like Bill was more suited for the Bon Temps beauty that day.

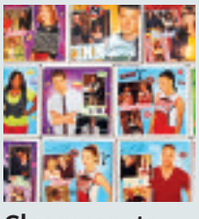
Heisenberg Blue Glass Rock Candy

Want a taste of the blue that Walter White from Breaking Bad cooks up? Try this blue glass rock candy. Warning: It may be addictive.



Downton Abbey cross stitch pattern

Nothing proclaims you're down with Downton Abbey like this pattern featuring the cast of the show. Stitch away as you unravel the complexities of North Riding of Yorkshire.



Glee magnets

Decorate your locker with these Glee magnets, and you'll be the coolest gleek in the school. Too old for a locker? Put these on your refrigerator and reminisce about your days in the glee club.

Doctor Who TARDIS-inspired men's tie

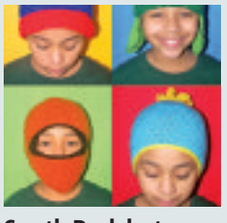
The doctor is in… your wardrobe! With this fashionable tie, you'll do the Time Lord proud.

The Stallion Who Mounts the World onesie

While Daenerys from Game of Thrones couldn't have her little stallion, you can show off yours with this cute outfit that will make your Dothraki warrior prince or princess all the rage.

Mad Men party on a stick

For your next Mad Men themed viewing party, wear these handy costume props and go incognito as one of those background characters that helps Sterling Draper Cooper Prince run as smooth as that glass of whiskey.



South Park hats

Grab three friends (or two friends, that silent kid and that frenemy) and wear these crocheted creations throughout the year, day in and day out.

Scene in brief

Court upholds Stamos blackmailers' convictions

A federal appeals court has upheld the convictions of a man and woman from Michigan's Upper Peninsula who were accused of trying to blackmail actor John Stamos. A three-judge panel in Cincinnati rejected challenges to the indictment Monday as well as claims that Allison Coss and Scott Sippola should have received a break at sentencing for accepting responsibility. They were sentenced to four years in prison in 2010 after a jury convicted them of conspiracy and using email to threaten a person's reputation. Coss and Sippola threatened to sell old photos of Stamos with strippers and cocaine to the tabloids unless he paid $680,000. The FBI said the photos didn't exist. Stamos met Coss in Florida in 2004 and they became friends.
THE ASSOCIATED PRESS

On the web

Jack White to live stream New York concert with Gary Oldman directing

Girls gone mild: Show keeps it real

Normal in New York.
HBO series focuses on a Bradshaw character sans the Blahniks

TINA CHADHA
Metro World News in New York

"Girls is a show that couldn't exist without Sex and the City (SATC) and is about girls who grew up watching SATC, but is not directly linked to SATC," Lena Dunham says about the highly anticipated new HBO series she created, wrote, directs and stars in.

Unlike the fab, Manolo-filled lives of Carrie and co., Girls is about four 20-somethings fumbling through life in Brooklyn.

Wannabe writer Hannah, played by Dunham, and her besties glamourize a different New York, one where blog writers are subsidized by mom and dad and affairs take place on couches in Prospect Heights rather than at the Ritz.

As a matter of fact

"My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."
Lena Dunham, creator, director, writer and star of Girls

"SATC characters are always going to be [an] archetype for women in New York, but we are covering a different age range," Dunham explains. "This show just has a different energy."

Dunham's New York is populated by entitled youth who have awkward sex, both subjects she also explored in her 2010 breakthrough movie Tiny Furniture, which won the Narrative Feature Film Award at SXSW and charmed HBO executives. The film was based on her post-college experience lingering around her parents' Tribeca loft while trying to find herself, a similar sentiment shared by Hannah — but one not all viewers may be sympathetic about.

Lena Dunham as Hannah in Girls. HANDOUT

"Some of these issues might seem 'hashtag: white girl problems,' but I also think that some of that is real," Dunham insists. "Hannah is self-aware about some of it and not about some of it, much the way people are in real life. We're saying it's OK to laugh at her. It's OK to criticize her."

Even if Hannah's family life isn't entirely relatable, the candor with which the show examines relationships will be. Sex scenes are graphic and cringe-worthy; in one shot, Dunham is naked and on her knees. Throughout the series, she doesn't shy away from opportunities to brazenly bare her larger-than-size-2 body.

"Because historically the women who do sex scenes look a certain way, there is something inherently political about putting a body that doesn't look that way onto the screen," she explains.

"That was sort of the impetus starting out. My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."

Treats in the tub?

Of all the conversation-sparking scenes in the Girls premiere episode, one in particular sticks out. We had to know: Why does Hannah eat a cupcake in the bathtub?

- "It makes so much sense to me," Dunham laughs. "It's just so funny because I was just like, 'Obviously, if you're late to go to work in the morning and you have poor nutritional habits you're going to eat your breakfast hanging out of the shower, and it's going to be a cupcake.' It just made sense to me.

Delivering the goods.
Fairly Legal star on a new season, co-star and calling

MEREDITH ENGEL
Metro World News in New York

If this whole acting thing doesn't work out for Sarah Shahi, the star of Fairly Legal, she's got a backup plan ready to go.

"A couple years ago, I helped give birth to my manager's baby," says the actress, who herself opted for a water birth when it came time to deliver her own son.

"To be able to see the miracle of life that up close and personal, I felt such a rush of emotions and I got such a high from it. I called my husband and I was like, 'I think I'm in the wrong field. I think my calling is to become a midwife.' I just felt so fulfilled in that moment. Maybe I am doing the wrong thing, but who knows? Maybe I'll be an acting midwife."

For now, at least, it's the acting part that's coming first: Season Two of Fairly Legal, in which Shahi plays Kate Reed, a San Francisco lawyer-turned-mediator, is in full swing.

Sarah Shahi says playing the role of a strong, feminine lead on prime time "is just wonderful." HANDOUT

The actress dished to us about the challenges Kate faces in the second season — including a love triangle that even she admits she doesn't know the outcome of.

"We're gonna take all of Kate's security blankets away," she says. "We're gonna make her uncomfortable this year. She's gonna be homeless. We're gonna take [her ex] Justin away and then we're gonna introduce a new guy who Kate would rather have surgery in her eye than be with, and then she's gonna end up falling in love with him."

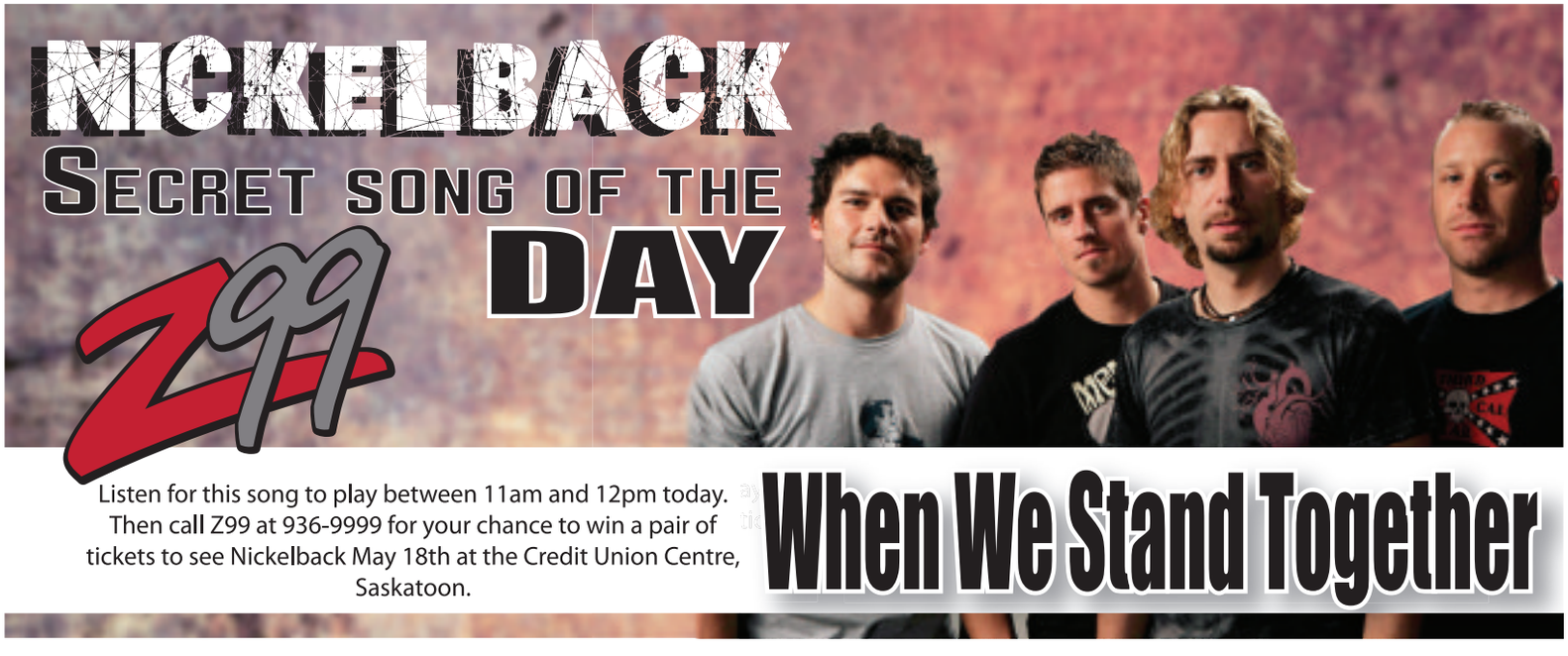
The show will also welcome guest star Meat Loaf ("He likes to be called Meat," she says) as a union worker heading up a strike.

"He was very nice. He said that he watched Season One and I was a big reason why he came on-board for the show. He liked me and wanted to work with me. It was pretty surreal."

It's all about character

Shahi tells us she shares more than looks with Kate.

- "We're both very feisty, loud and outspoken, and like to drink and flirt. But she has this quality about her that is very childish, and she can rub a lot of people the wrong way. She doesn't really realize her unstructured behavior doesn't really work in a very structured world."



Listen for this song to play between 11am and 12pm today. Then call Z99 at 936-9999 for your chance to win a pair of tickets to see Nickelback May 18th at the Credit Union Centre, Saskatoon.

Brad Pitt and Angelina Jolie ALL PHOTOS GETTY IMAGES

After delaying marriage in defiance of Prop 8, is Brangelina giving up?

Angelina Jolie and Brad Pitt are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right? Looks like they got tired of waiting. But Rebekah Orr of Equality California still supports the famous couple. "Marriage is something that says, 'We're a family' in a way that nothing else can," she tells TMZ. "No one has to deny that for themselves or their family to prove they are an ally and supporter of equality." Besides, Jolie and Pitt have already showed their support several times over, contributing more than $1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pippa get your gun?

THE WORD
Dorothy Robinson
scene@metronews.ca

Pippa Middleton could face prosecution for her involvement in an incident in which a male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun.

A photo taken by the paparazzo shows Middleton — the sister-in-law of Prince William — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera.

Paris police officials are expected to launch an investigation.

"If the evidence points to her involvement, she will be prosecuted.

Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved" (including Middleton's friend, fashion mogul Arthur de Soultrait, who was in the backseat of the car).

If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France?

And here I thought their attitudes towards fat people were harsh.

Not forgetting Michelle Williams

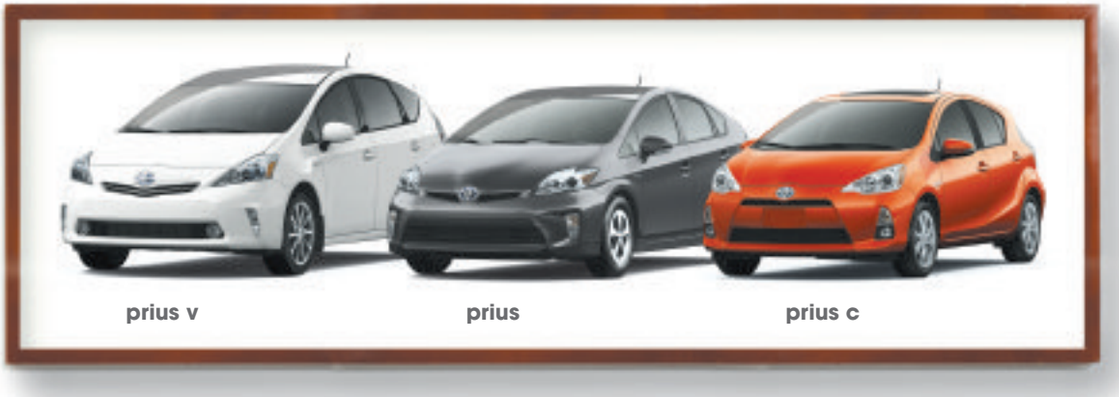
Jason Segel is lobbying hard for the title of Most Adorable Boyfriend, as the How I Met Your Mother actor apparently tapes photos of girlfriend Michelle Williams to the back of his iPhone case, according to the Daily Mail.

Segel was spotted carrying the personalized phone in L.A. this weekend. A photo alone would be sweet, sure, but Segel also has the phrase "I love you" scribbled over and over again around the pictures.

"They're much more serious than everyone thinks," a source says. "They're really happy."

Jason Segel

enter the pick your prius contest for your chance to win a new family member.



visit metronews.ca/pickyourpriuscontest to enter for your chance to win the prius of your choice*:

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*no purchase necessary. contest closes May 13, 2012. to register and for full contest details visit www.metronews.ca/pickyourpriuscontest.

3 LIFE

Health minute

Big breasts at risk

Women aged 50 and over with dense breasts (high percentage of dense tissue) have a higher risk of breast cancer recurrence than women with less dense breasts. Researchers at the Karolinska Institute in Sweden believe that the extra tissue means more cells, and more cells lead to an increased risk of developing cancer. METRO WORLD NEWS

On the web

Antibiotic-resistant bacteria found in ancient cave could be source of new drugs

Take the bad habits challenge

Do you work out or opt to sleep in? Charles Duhigg, author of The Power of Habit, puts you to the test

ROMINA MCGUINNESS
Metro World News

Take the quiz and then get out there and break those bad habits. ISTOCK PHOTOS

1. When you feel an urge to eat a cookie, you:
A. Ignore it and power through the task at hand.
B. Tell yourself that if you can answer the emails in your inbox, you can get a chocolate chip treat.
C. Start looking for an excuse to go to the cafeteria.
D. Run to the cookie tray in the break room.

2. When you see a donut box sitting on a counter, you:
A. Engage in a stoic mantra of self-denial. ("I am stronger than the donuts. I am stronger than the donuts.")
B. Distract yourself by thinking of how great you'll look on the beach if you skip it.
C. Start craving a jelly-filled treat, even if you just ate a big breakfast.
D. Excuse me while I wipe this powdered sugar off my chin.

3. Every morning you:
A. Go for a run, no matter the weather. Once, you ran through three feet of snow. And a hurricane.
B. Eat something healthy and, if you have some extra time, stretch or exercise.
C. Glance longingly at your workout clothes, and then eat a waffle in front of the television.
D. Morning? I haven't been awake during the morning in years.

4. When you want to create a new habit, you:
A. Program your mind circuitry with a new algorithm.
B. Figure out a cue to trigger a new behavior, and a reward to give yourself afterwards.
C. Write a note that says, "Remember your new habit!" and tape it on the mirror.
D. Decide that a new habit sounds like too much work.

5. To start training for a triathlon, you:
A. Cut back on your daily runs — you're already prepared for the Ironman. And a normal triathlon is child's play
B. Come up with a training plan and figure out why you're likely to miss training sessions — and what you will do when you encounter those 'inflection points' that interfere with your plans.
C. Tell your sister you have signed up for a triathlon, and then forget to train.
D. Sell your entry on eBay.

6. When you are sitting at a restaurant eyeing the basket of dinner rolls, you:
A. Ignore it effortlessly. You haven't eaten a single carb in 12 years.
B. Put the rolls out of your line of sight, so they won't tempt you.
C. Pour salt all over the rolls, and then pepper.
D. Eat all the rolls you can stuff into your mouth, and then put the extras in your pockets.

7. If you are worried that you are drinking too much, you:
A. Never have another alcoholic beverage as long as you live.
B. Try to figure out why you are having a glass of wine every night. Because you have trouble relaxing? Because it helps cap the day? And then, find something else that provides you with the same reward, but doesn't include as much alcohol.
C. Switch from cocktails to half of an after-dinner glass of wine or beer.
D. Abandon liquor for hard drugs.

8. After having a child, your top priority is:
A. How many gold medals will my child win? If it is less than 10, I will consider myself a failure.
B. Teaching them willpower habits, like making their bed each morning, which will eventually help them do their homework on time.
C. Doing everything I can to model healthy and happy habits in my marriage and life.
D. Disproving paternity.

Scoring key

Give yourself 1 point for every "A", 2 points for every "B", 3 points for every "C" and 4 points for every "D"

- **8 points:** You are a cyborg. Don't worry about your habits — everything depends upon your programming. Your chiseled abs are the envy of everyone else.
- **9 to 16 points:** Congratulations! You understand that habits can be designed and changed. You have spent time learning that every habit has a cue and a reward — and that if you choose the correct cue, and deliver the right reward, you can remake any pattern.
- **17 to 24 points:** You have learned to control some of your habits, but not all of them. The key is to diagnose your cues and rewards, and remake the patterns in your life.
- **25 to 32 points:** Don't worry, bro. Just keep playing video games. Jobs are overrated. Besides, why would you ever want to move out of your parents' house?

Where's the beef? Not in this chunky chili

This recipe makes six servings. THE CANADIAN PRESS H/O

This chunky turkey chili may be made with turkey thighs or ground turkey.

Serve it topped with shredded cheese and corn tortillas, if desired.

You can also serve it over baked potatoes for a true twist on dinner.

1. Place the turkey thighs or the ground turkey in a large saucepan and it cover with cold water. Bring the water to a boil over high heat; cover and simmer the turkey meat for 20 to 25 minutes, or until juices run clear when turkey is pierced.

2. If you are using turkey thighs, remove to plate and let cool. Remove skin and bones; chop and set aside.

3. In a Dutch oven, heat the vegetable oil over medium heat. Add the chopped onions and diced carrots; cook them for 7 minutes, stirring occasionally. Stir in the minced garlic and jalapeno pepper; cook for 1 minute. Stir in the tomato paste.

4. Stir in the turkey thighs or ground turkey, canned tomatoes with juice, mixed beans, chicken broth, chili powder, dried oregano and cumin; bring to a boil, stirring often. Reduce heat; cover and simmer for about 20 minutes.

THE CANADIAN PRESS/ FOODLAND ONTARIO/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1 kg (2 lb) turkey thighs, skin on, bone in or 625 g (1 1/4 lb) ground turkey
- 30 ml (2 tbsp) vegetable oil
- 375 ml (1 1/2 cups) chopped onions
- 250 ml (1 cup) finely diced carrots
- 1 large clove garlic, minced
- 15 ml (1 tbsp) minced seeded jalapeno pepper
- 1 can (156 ml/5 1/2 oz) tomato paste
- 1 can (796 ml/28 oz) diced tomatoes
- 2 cans (each 540 ml/19 oz) bean medley or mixed beans, drained and rinsed
- 175 ml (3/4 cup) chicken broth or water
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) dried oregano
- 5 ml (1 tsp) ground cumin

Get a bite of the healthy goodness packed into this legume

This recipe makes 32 Lentil Balls. MATTHEW MEAD/ THE ASSOCIATED PRESS

Turkish Red Lentil Balls. The slight crunch of bulgur wheat compliments the smooth texture of the lentils in this dish

1. In saucepan, bring 625 ml (2 1/2 cups) of water to boil. Add lentils, simmer over low heat, stirring occasionally, 15 mins. Mix in bulgur, cover pot and remove from heat. Let mix rest 15 mins. or until residual liquid is absorbed by bulgur.

2. In skillet heat oil over medium heat. Add onion and sauté 8 mins. or until soft and translucent. Stir in harissa and cumin; cook, stirring constantly, 2 mins. Transfer to a mixing bowl; set aside.

3. Once lentils and bulgur are cooked, add to onion mix along with most of the green onions and parsley. Season with salt and pepper and mix well to form a thick dough.

4. Keeping hands wet, mould about 15 ml (1 heaping tbsp) of the lentil mix into football-shaped balls. Place each ball in one of the lettuce pieces and arrange on a serving platter. Garnish with remaining green onions and parsley and drizzle with additional olive oil. Serve with lemon wedges to squeeze over before eating. THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 250 ml (1 cup) uncooked red lentils, rinsed and drained
- 125 ml (1/2 cup) fine bulgur, uncooked
- 30 ml (2 tbsp) olive oil
- 1 large onion, finely chopped
- 15 ml (1 tbsp) harissa (red chili) paste
- 15 ml (1 tbsp) ground cumin
- 3 green onions, finely sliced
- 45 ml (3 tbsp) finely chopped flat-leaf parsley
- 3 ml (3/4 tsp) salt
- Black pepper
- Boston lettuce, torn into 30 pieces
- Lemon wedges

Mashed Carrots. This colourful side dish is a great addition to dinner

1. In a saucepan over high heat, bring 2.5 cm (1 inch) of water to a boil. Add carrots; cover and reduce heat to simmer. Cook for 10 to 15 minutes or until carrots are very tender. Use a slotted spoon to transfer carrots to a food processor.

2. Add butter, milk and cumin, then process for about 2 minutes or until very smooth, scraping down sides a few times while processing. Season with salt and pepper to taste.

THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1.5 kg (3 lb) carrots, peeled and cut into chunks
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) ground cumin
- Salt and ground black pepper

How to get the perfect online dating profile

Guidance. Artful Online Dating's Christine Hooker helps clients build creative profiles

CASSANDRA GARRISON
Metro New York

Are you a single gal who "loves to have fun" and is looking for "a nice, funny guy?" Or are you a single guy who is "currently obsessed with The Wire" and wants to meet a "cool girl?"

Then you, my friend, are an online dater with a chronically uncreative profile. It happens to the best of us.

Anyone who has ever taken the plunge and signed up for a dating website is well-versed in what can be the agonizing experience of writing a witty, clever and non-creepy (guys!) profile. And worse — choosing photos that don't scream, "I'm doe-eyed and sassy. Look at my cleavage" or "See this six-pack? This could be yours."

Seen it all

- Christine Hooker's experience spans a wide range of dating sites and she works with clients who have profiles on all the most popular choices, including OkCupid, eHarmony, J Date, Gay.com and Zoosk.

But single people — there is hope, and it comes in the form of Brooklyn-based startup Artful Online Dating (artfulonlinedating.com).

Christine Hooker, 30, found an untapped market for digital dating guidance after helping countless friends improve their profiles once she successfully met her own boyfriend online. She quit her corporate advertising gig and launched Artful Online Dating for singles who need a little help letting their personalities shine online.

"For me, online dating was really fun and I found that because I had a marketing background, it came very naturally to me," Hooker said. "But for people who are not used to writing that kind of description of themselves, it can be daunting."

Through Artful Online Dating, Hooker offers services (including a Wingman Supreme) that can help you maximize your online potential. Maybe you don't have a knack for writing — she'll meet with you and ask questions to bring out your more interesting quirks to include in your profile. For between $20 and $79, she will scan your answers for overused phrases, weed out your generic photos or even help you craft the perfect first message.

Hooker shared some expert advice with Metro about creating the ultimate profile, but first, we took the opportunity to ask her a question that has been burning in our minds: Why do so many girls have moustaches in their profile pictures?

"It's an epidemic," Hooker laughed. "The psychology behind it might be that you want to show a goofy side of you and it's hard to do that in a picture without looking like an idiot."

Ever come across something like this on a dating site? It's a trend. Just don't ask why. CONTRIBUTED

But will this trend ever die?

"I think people don't realize that everyone else is doing it. It's sort of the hipster lexicon of visuals," Hooker explained.

"I am going to declare that moustaches are over."

OK, now that that's cleared up, Hooker had some other tips for both men and women when it comes to those dreaded questions and answers: have a sharp, clear head shot that shows your face well; if you say you like to "have fun," for goodness sake, please elaborate; don't waste space on details that aren't necessarily interesting to potential matches (ladies, your obsession with Grey's Anatomy: fellas, your penchant for working on cars with your boys).

"Think more about what you would want to do with that person," Hooker advised.

"Instead of saying you love taking cooking classes with your best girls, say you like to cook a nice meal for someone who appreciates it."

How about making the first move? The same rule applies for both men and women.

"As much as you can, message, message and message," she insisted. But keep it short and sweet — four to five sentences. Make sure you mention something specific about the person's profile that caught your eye and always include a question. Hooker offers guidance on these topics and much more, including when to ask for a first date.

Advice

Tips for tipping

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I have a question about tipping when ordering food for delivery from a restaurant. What is the appropriate amount to tip the delivery person? Also, should this be adjusted based on whether the restaurant adds a delivery charge, or whether they have a separate, higher-priced menu for delivered food instead of a delivery charge? I also live in a condo ... does this make a difference? I find no one really knows how much to tip, except that it seems it should be less than in a restaurant.
Thank you, Susan

Dear Susan,

Firstly, the fact that you live in a condo has absolutely nothing to do with how much you should tip for any delivery service.

Secondly, some restaurants charge a delivery charge as you mentioned, however rarely if ever do these go to the driver, and to your final point, sometimes restaurants have a higher-priced takeout menu as this covers either packaging costs and or fees with a third party that they work with for the takeout delivery service.

So now the final part of your question, how much!

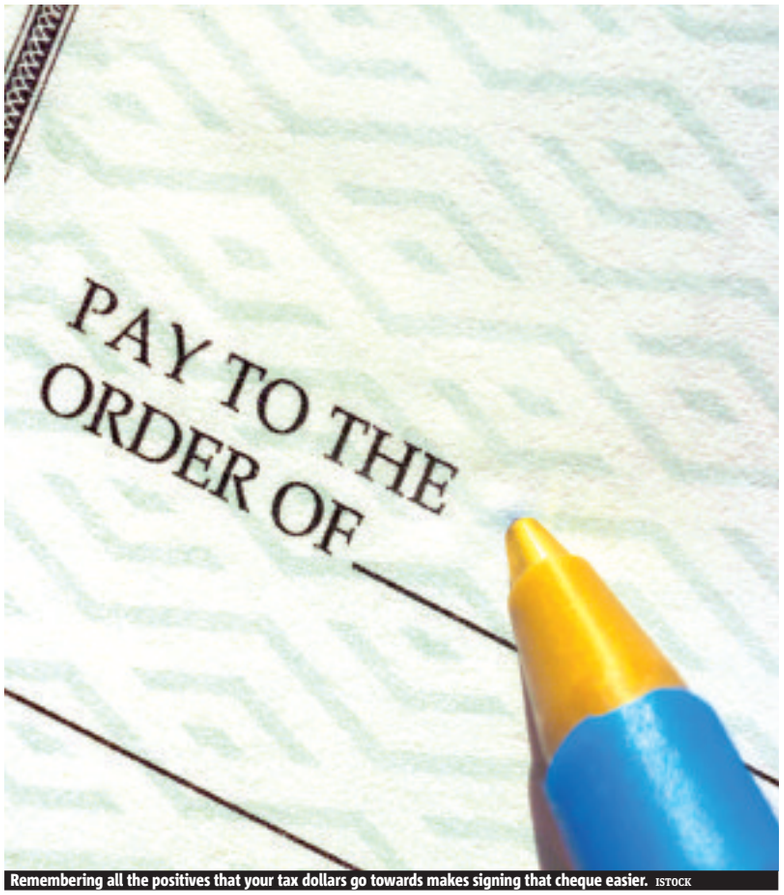
I personally always give 10 per cent for deliveries, while in a restaurant with full service I would give a gratuity of 15 to 20 per cent.

I also have consulted with several etiquette colleagues who agree with the 10 per cent suggestion.

Now remember a tip has to be earned — the driver should be on time, polite, friendly and the food should be delivered hot.

Remember it is OK to reduce the amount of a tip based on poor service and if service is bad, remember to call the restaurant to let your concerns be known.

94.5 JACK fm $1000 Minute
CLUE TO WIN: Photo Bomb
Listen to 94.5 Jack FM at 7:40am to play $1000 Minute. Answer 10 questions correctly in 60 seconds and win $1000. This clue will be an answer for one of the questions in tomorrow's game.



Remembering all the positives that your tax dollars go towards makes signing that cheque easier. ISTOCK

Five reasons to feel good about filing your return

Tax time. Things to keep in mind that make parting with your money less painful

YOUR MONEY
Alison Griffiths
money@metronews.ca

My tax return is finished and I'm happy about that.

But I'm going to pay more income tax than expected. I'm not at all happy about that.

Nor does it please me that I still have to work until early June before Tax Freedom Day, after which the money I earn goes to me, rather than the government.

After stamping my feet for a bit, I reminded myself that taxes are the cost of having a civilized society. So I came up with five reasons to feel good about the government bite.

1. Unless you are Mitt Romney, it means you have a paying job! And that's nothing to sneeze at these days.

2. You're getting something in return. I like Americans and own a home in Florida, but an appalling number of my U.S. friends have an aggressive me-first attitude. They seem to think that society will simply run itself without taxes and government.

3. I'm helping care for those who need help. We are our brothers' and sisters' keepers. Canada still has a social and medical services safety net and, though not perfect, it's a lot better than nothing. Taxes make that possible.

4. When you pay more tax it means you are earning more money. A wise chartered accountant once said to me that it is better to earn more and pay more tax than be stuck at the bottom of the income ladder

5. It's less than it used to be. Marginal tax rates for the middle-income crowd ($42,000 to $85,000) have dropped from 26 per cent in 1998 to 22 per cent in 2012.

Feel better now? There is, of course, much waste and inefficiencies at all levels of government.

We should not focus on slashing, spending and lowering taxes, which is our current government's obsession, but on using those tax dollars more wisely.

We are, in large part, a kind country, and tax is the price of keeping it that way.

Alison's rule

"We all hate to pay taxes, but we'd all hate to live in a country where they don't exist."

By the numbers

20%

The proportion of the average household's budget that goes to taxes (not including GST or HST).

Real Estate

Valuable home renovations

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Small improvements can translate into big home value. ISTOCK

After one week on the market and minimal negotiation, I sold my house Saturday night for the price and conditions I wanted.

When I purchased my home seven years ago, it was in rough shape: badly stained carpets, dreadful paint colours, rickety appliances and filthy. But the location was great, and the price point suited my small budget. I bought the house and began my journey of adding value through affordable home improvements.

Because of my limited budget, I couldn't upgrade the house all at once. So I tackled my list of improvement ideas over three years.

I consulted home renovation blogs and kicked off my improvements with a hundred hours of thorough cleaning of cabinets, drapes, floors, walls, closets and more. This allowed me to determine whether I could repair, rather than replace, certain aspects of the home. I repaired my furnace and saved $4,000.

My floors, however, stunk of dog doo and bleach. I replaced them with high quality hard wood, which was on sale because my local supplier was over-stocked. I negotiated a further discount in exchange for paying cash and taking the product that same day.

I coupled the floor installation with new paint, light fixtures, faucets, toilet seats, knobs on the cupboards and had my electrical outlets updated. Once completed, I hit up eBay, Craigslist and garage sales for gently used furniture and appliances. I bought a new stove, still in its original wrapping, for $60.

According to Bankrate.com, you can add value to your home on a shoestring budget by focusing on:

-Kitchen, bathrooms and appliances: upgrade faucets, appliances, paint, refinish cabinets, re-grout tiles, and replace knobs and toilet seats.

-Storage: reduce clutter by setting up well-designed storage spaces.

-Mechanics and plumbing: hire an electrician and plumber to fix any issues and make improvements to the 'nitty-gritty' aspects of the home.

-Lights and flooring: update light fixtures, carpets or refinishing worn-out hardwood.

Small improvements translated into a much better price for my property. Add value to your home through sweat equity and affordable upgrades.

OFFICE MANAGER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Regina operation. As well as provide operational and executive support to the Sales/General Manager, Metro Regina and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- Oversee the monthly purchases of office supplies and send required accruals to Metro English Canada
- Recommend and manage office furniture purchases, office supply purchases and all maintenance issues/requests
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than April 20, 2012. PLEASE QUOTE: "Office Manager - Regina" in the subject line. All submissions will be treated as confidential.

metro

4

SPORTS

Quoted

"I don't know if he accepted my apology. It was sincere."

Red Sox manager Bobby Valentine who apologized on Monday for his comments about Boston third baseman Kevin Youkilis in an interview aired Sunday night on WHDH-TV. Valentine said he didn't think Youkilis was "as physically or emotionally into the game." Boston sits at 4-6 early in the season.

"I'm more confused than anything. Everybody knows I go out and play the game as hard as I can."

Kevin Youkilis on Monday.

Figure skating

Coach parts ways with Chan

Canadian figure skating star Patrick Chan has lost a coach. American Christy Krall, widely credited with helping Chan acquire the quad jump that has propelled him to the top of the podium, has resigned citing a difference in coaching philosophies. "Things were switching inside the dynamics of my partnership with Patrick," Krall said. Krall said her role had diminished while Chan's other coach Kathy Johnson, a modern dance teacher, had assumed a larger role. THE CANADIAN PRESS

On the web

After an off-season of ownership turmoil, the Los Angeles Dodgers have managed to surge out of the gate to a 9-1 start. And NL MVP runner-up Matt Kemp says the Dodgers "can definitely get higher." Scan the code for the story.

Post-season emotions boiling over in Round 1

Detroit's Todd Bertuzzi, left, fights Nashville's Shea Weber last Friday. MARK HUMPHREY/THE ASSOCIATED PRESS

Ottawa's Chris Neil fights New York's Brian Boyle on Saturday. BRUCE BENNETT/GETTY IMAGES

Philadelphia's Scott Hartnell and Pittsburgh's Craig Adams fight on Sunday. TOM MIHALEK/THE ASSOCIATED PRESS

NHL. League has hands full with fights and dirty play ruling in first round

Chaos came quickly to the NHL playoffs.

Not only did the first five days produce almost twice the number of game misconduct penalties as the entire post-season last year, it also resulted in a long queue of those waiting to speak with Brendan Shanahan, the league's dean of discipline.

The list of incidents included a sucker-punch, elbow to the head, cross-check to the face and plenty questionable hits.

Ex-NHLer Bobby Holik believes the heightened emotions of players has created an "explosive" atmosphere on the ice.

"Until somebody says 'This is not allowed,' they're going to keep pushing," Holik said Monday. "We did it and generations of players before us did it because that's how you think you're going to get the edge."

Shanahan sent a message Sunday in suspending Carl Hagelin three games for his elbow to Daniel Alfredsson, which prompted the Rangers to release a statement saying they were "perplexed by inconsistencies" in his rulings.

Presumably, the team was referencing Shanahan's decision to fine Nashville's Shea Weber $2,500 US — the maximum allowed under the collective bargaining agreement — for smashing Red Wing Henrik Zetterberg's head into the boards in Game 1 of their series. Many have pointed to that as the moment when discipline started to go off the rails.

"I think that's probably a factor to a point — where you think you can get away with more because Shea Weber got away with more," said Kevin Weekes, a former NHLer who now works for CBC.

The numbers paint an interesting picture so far. Heading into play Monday, there had been 11 game misconducts assessed in 19 games — compared with only six during the entire post-season a year ago.

In addition to the Hagelin suspension and Weber fine, Shanahan had given Vancouver's Byron Bitz a two-game ban, Ottawa's Matt Carkner a one-game ban and handed out fines to the Senators ($10,000) and Zenon Konopka ($2,500) after Konopka trash-talked Brian Boyle in a live television interview prior to Game 2.

Game 2 of the series between San Jose and St. Louis — never previously considered rivals — ended with a line brawl on Saturday night.

"A lot of the series (are) borderline chaos right now," Sharks coach Todd McLellan told reporters Monday. THE CANADIAN PRESS

Penguins repercussions

On Monday, Brendan Shanahan upheld a one-game suspension to Pittsburgh's Craig Adams for instigating a fight in the final minutes Sunday and fined coach Dan Bylsma $10,000.

Playoff heavyweights find themselves on the ropes

How the mighty have fallen.

It took less than a week for the Vancouver Canucks and Pittsburgh Penguins to go from Stanley Cup contenders to potential first-round fodder. Over a matter of days, the Canucks and Penguins both dug big 0-3 holes — a deficit that has been virtually insurmountable over the history of the NHL.

"I'm surprised to see both of them on the ropes," said Kevin Weekes, a former NHLer who now works as a broadcaster for CBC.

He's far from alone.

The Canucks head into Game 4 in Los Angeles on Wednesday night looking to avoid a dubious entry in the record book — they could become the first team in the NHL's post-expansion era to finish with the most points in the regular season and get swept in the first round of the playoffs.

There isn't much debate over the difference in the series so far. Vancouver has mustered just four goals against Los Angeles goaltender Jonathan Quick through three games.

The Penguins have been outscored 20-12 over three games by the Philadelphia Flyers. They'll also be facing elimination on Wednesday night.

Both teams were labelled Cup favourites this spring for a good reason and could still reverse course to become the fourth franchise to come back to win a series after being down 3-0. THE CANADIAN PRESSW

Quoted

"What he's accomplished this year is probably something I've never seen before."

CBC broadcaster Kevin Weekes on the play of Kings goalie Jonathan Quick.

Goalie Cory Schneider, David Booth, front, and Kevin Bieksa of the Vancouver Canucks react as fans cheer Dustin Brown's goal for the Los Angeles Kings in Game 3 Sunday in Los Angeles. STEPHEN DUNN/GETTY IMAGES

Sports in pictures

1 Soccer. Muamba out of hospital

Fabrice Muamba was discharged Monday from the hospital where the Bolton midfielder had been treated since collapsing from a cardiac arrest during a game March 17. THE ASSOCIATED PRESS

2 NFL. Peyton joins Broncos

Peyton Manning arrived Monday at the Denver Broncos headquarters for the start of off-season workouts. THE ASSOCIATED PRESS

3 Tennis . Raonic ousted in Monaco

A comeback fell short for Canadian Milos Raonic in a 6-2, 3-6, 6-3 loss to Spain's Albert Montanes at the Monte Carlo Masters Monday. THE CANADIAN PRESS

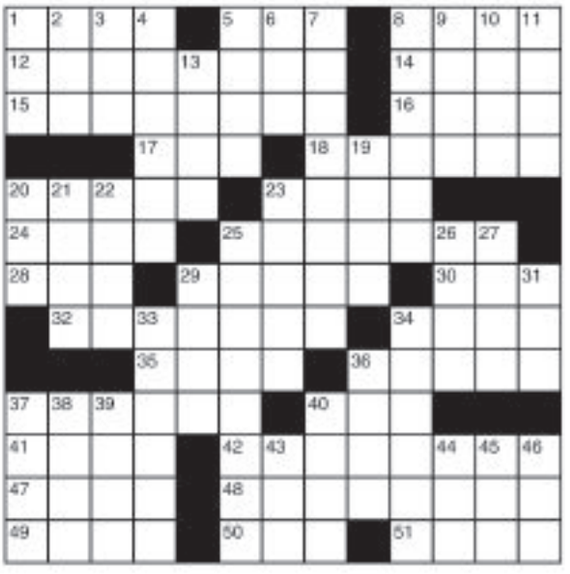
Crossword

Across

1 Spirited horse
5 Needlefish
8 Roe provider
12 Collection of information
14 Cab
15 Like some grapes
16 Hold the scepter
17 Dolores — Rio
18 Act of grooming oneself
20 Tartan pattern
23 Incursion
24 Mysterious letter
25 Foolish
28 Superlative suffix
29 Hereditary bits
30 Atmosphere
32 Bad with a bat
34 Pre-swan
35 Croupier's tool
36 Charmer's pet
37 Turn into
40 [Uncorrected]
41 Beige
42 Unnecessary
47 Fleet component
48 Carriage
49 "It's good — the king"
50 Tackle moguls
51 — ex machina

Down

1 Billboards
2 Actress Charlotte
3 Dined on
4 Villain
5 Author Greene
6 Donkey
7 Paraphrases
8 Pace
9 Amount of booty
10 Wheel-base terminus
11 Regimen
13 Evidenced a pinprick
19 Rembrandt's supply
20 Opposite of "post-"
21 Luxurious
22 Con
23 Rid of lather
25 Saturdays and Sundays
26 Long story
27 Fabric made by worms
29 Glitz
31 Deli bread
33 Acting company
34 Naked
36 Faction
37 Top-rated
38 Reverberate
39 Nursery item
40 Big rig
43 "A mouse!"
44 Compass letters
45 Old French coin
46 4th-yr. students



Sudoku

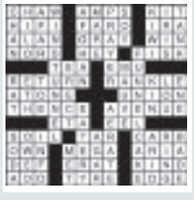
					6	3	1	
9		8	2			6		
				1				
4							7	5
8	5		4		7		9	3
2	9							8
				6				
		3			8	9		7
	8	2	7					

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	3	9	1	8	6	7	5
8	9	5	2	6	7	3	4	1
6	7	1	3	4	5	8	2	9
9	3	7	4	8	2	5	1	6
5	6	4	1	7	3	9	8	2
1	2	8	6	5	9	7	3	4
3	1	2	7	9	6	4	5	8
4	5	9	8	3	1	2	6	7
7	8	6	5	2	4	1	9	3

Yesterday's Crossword



Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

DN KLR ZDJC UN LWBSFTMZA LTX T BTQR UNNASYDJC, HUWQX LR FR MTQQRX KLR SYDJMR UN HLTQRA?

Yesterday's Cryptoquip: WHEN SOMEONE ANSWERS "NO" TO "WILL YOU MARRY ME?", I SUPPOSE THAT'S PROPOSITION OPPOSITION.

Today's Cryptoquip Clue: N equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You may be tempted to ignore a colleague's advice today and take the kind of risk you would normally prefer to avoid.

Taurus | April 21 - May 21. Although you are tempted to force through changes you know other people won't approve of, it might be better to wait and see how things develop.

Gemini | May 22 - June 20. All things are possible if you truly believe.

Cancer | June 21 - July 22. Find a quiet, secluded place and listen to your own inner voice.

Leo | July 23 - Aug. 22. Ignore those who say you should discuss what you are planning to do and just get on and do it.

Virgo | Aug. 23 - Sept. 22. The planets urge you to think before you act and act only if you really have to.

Libra | Sept. 23 - Oct. 22. Everything will work out for the best in the end — somehow it always does.

Scorpio | Oct. 23 - Nov. 21. You can usually be trusted to think logically and not let your emotions get the better of you, but that could be difficult today.

Sagittarius | Nov. 22 - Dec. 21. Refuse to get involved in anything you have doubts about.

Capricorn | Dec. 22 - Jan 20. Try not to say anything that might upset the people you work with, especially those in positions of authority.

Aquarius | Jan. 21 - Feb 18. Even minor disputes could get out of hand today, so make a promise to yourself right now that, whatever the provocation, you will greet everyone with a smile and not let negative words get under your skin.

Pisces | Feb. 19 - March 20. Everyone knows how sensitive you can be but even by your standards you will go over the top today.

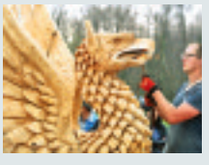
SALLY BROMPTON

Caption Contest

"Wait a sec ... which way???"
Elizabeth

TODD YATES/CORPUS CHRISTI CALLER-TIMES, THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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